

What is claimed is:

1. A method of stabilizing a bone fracture, comprising:

- a) reducing the fracture;
- b) providing a plate;
- c) placing the plate over the fracture;
- d) temporarily stabilizing the reduction by fixing the plate over the fracture with K-wires;
- e) more permanently fixing the plate over the fracture with a plurality of fasteners having threads along one or more portions thereof; and
- f) removing the K-wires.

2. A method according to claim 1, wherein:

said providing the plate includes providing a plate with a plurality of first holes sized to closely receive the K-wires and stabilize the K-wires to prevent angular displacement of the K-wires relative to longitudinal axes through said plurality of first holes, and

the K-wires are inserted through the first holes to temporarily stabilize the reduced fracture.

3. A method according to claim 2, wherein:

reducing the fracture includes reducing a fracture at or adjacent a metaphysis of a long bone,

providing the plate includes providing a plate having a head portion configured and dimensioned to conform to a metaphysis of a bone and a shaft portion configured and dimensioned to conform to a diaphysis of a bone, and

wherein the holes in the plate are provided in the head portion at oblique angles which guide the K-wires to lie behind the articular surface of the metaphysis.

4. A method according to claim 3, wherein:

said providing the plate includes providing the plate with second and third holes, and said more permanently fixing includes fixing the plate to the bone with a combination of fasteners through the second holes which lock relative to the plate and fasteners through the third which do not lock relative to the plate.

5. A method according to claim 4, wherein:

said second holes are provided in the head portion and the third holes are provided in the shaft portion.

6. A method according to claim 1, wherein:

said providing the plate includes providing the plate with second and third holes, and said more permanently fixing includes fixing the plate to the bone with a combination of fasteners through the second holes which lock relative to the plate and fasteners through the third which do not lock relative to the plate.

7. A method of stabilizing a fractured bone, comprising:
- a) reducing the bone fracture;
 - b) providing a plate having an arrangement of first holes and an adjacent arrangement of second holes substantially smaller in diameter;
 - c) seating the plate over the fracture;
 - d) temporarily stabilizing the reduced fracture by fixing the plate over the fracture with K-wires inserted through the second holes and into the bone;
 - e) more permanently fixing the plate over the fracture with a plurality of fasteners through the first holes; and
 - f) removing the K-wires.

8. A method according to claim 7, further comprising:

after said temporarily fixing and prior to said more permanently fixing the plate, examining the shape defined by the K-wires within the bone.

9. A method according to claim 8, wherein:

said examining includes fluoroscopic examination.

10. A method according to claim 8, further comprising:

after said examining and prior to said more permanently fixing the plate, reseating the plate over the fracture.

11. A method according to claim 7, wherein:

the plate has a head portion configured and dimensioned to conform to a metaphysis of a bone and a shaft portion configured and dimensioned to conform to a diaphysis of a bone, and the first and second holes are provided in the head portion of the plate.

12. A method according to claim 7, wherein:

the plate has a head portion configured and dimensioned to conform to a metaphysis of a bone and a shaft portion configured and dimensioned to conform to a diaphysis of a bone, and the first and second holes are provided in the shaft portion of the plate.

13. A method of stabilizing a fractured bone, comprising:

a) reducing the bone fracture;
b) inserting a framework of K-wires into the bone;
c) providing a plate over the reduced fracture; and
d) inserting a plurality of fasteners through the plate and into the bone, said fasteners inserted to substantially correspond to a surface defined by the framework of K-wires

14. A method according to claim 13, further comprising:

removing the K-wires.

15. A method according to claim 13, wherein:

 said inserting includes inserting the framework in solely a generally volar to dorsal direction.

16. A method according to claim 13, wherein:

 said framework of K-wires is inserted through holes in the plate provided over the reduced fracture.

17. A method according to claim 13, wherein:

 said framework of K-wires corresponds to the subchondral bone.

18. A method according to claim 17, wherein:

 said subchondral bone is of the distal radius bone.

19. A method of performing an osteotomy, comprising:

- a) drilling a K-wire through a portion of a bone;
- b) using the K-wire as a guide, positioning a bone plate over the K-wire and against an aspect of the bone;
- c) securing a first portion of the bone plate to the bone;
- d) performing an osteotomy; and
- e) securing a second portion of the plate to the bone on a side of the bone opposite the osteotomy.

20. A method according to claim 19, wherein:

 said drilling is in relation to an anatomical landmark.

21. A method according to claim 20, wherein:

 said anatomical landmark is an articular surface.

22. A method according to claim 19, wherein:

 said securing a first portion includes inserting a plurality of pegs through threaded holes in the plate and into the bone, the pegs having threaded heads which lock relative to the threaded holes.

23. A method according to claim 22, wherein:

 said securing a second portion includes inserting a plurality of non-locking screws through holes in the plate and into the bone.